



## **Polar Active** User Manual

# CONTENTS

<b>1. GETTING STARTED .....</b>	<b>3</b>
<b>Button Functions .....</b>	<b>3</b>
<b>Enter Settings .....</b>	<b>3</b>
Using the Polar Active for the First Time .....	3
Changing User .....	4
<b>2. MEASURING DAILY ACTIVITY .....</b>	<b>5</b>
<b>Daily Activity .....</b>	<b>5</b>
Measuring Daily Activity with Polar Active .....	5
Activity Zones and Activity Bar.....	5
Daily Activity Target .....	6
<b>3. ACTIVITY DIARY.....</b>	<b>7</b>
<b>Activity Diary .....</b>	<b>7</b>
<b>4. SETTINGS .....</b>	<b>9</b>
<b>Settings .....</b>	<b>9</b>
Watch, Time and Date .....	9
User Information .....	9
General Settings.....	9
Off Mode .....	9
<b>5. IMPORTANT INFORMATION .....</b>	<b>10</b>
<b>Caring for Your Activity Monitor .....</b>	<b>10</b>
Service .....	10
<b>Changing the Battery.....</b>	<b>10</b>
<b>Precautions .....</b>	<b>11</b>
<b>Troubleshooting.....</b>	<b>11</b>
<b>Technical Specifications .....</b>	<b>12</b>
<b>Limited Polar International Guarantee .....</b>	<b>13</b>
Disclaimer.....	13

# 1. GETTING STARTED

## Button Functions

**KEYLOCK:** Press and hold to lock or unlock buttons.

**RED:**

- Exit menu and return to previous level.
- Cancel selections and leave settings unchanged.
- Press and hold to return to the time view from any view.



**UP:**

- Move through the menu and selection lists, and adjust values.
- In the time view, press and hold to change the watch face.

**GREEN:**

- Confirm selections.
- In the time view, press to check feedback on your daily activity.

**DOWN:** Move through the menu and selection lists, and adjust values.

 If you don't know where you are in the menu, press and hold the RED button until the time is displayed.

## Enter Settings

For the activity feedback to be accurate, all user information must be valid.

1. Before you use the Polar Active for the first time, enter the basic settings.
2. Before changing the user, enter the correct user information.

## Using the Polar Active for the First Time

To activate the monitor, press any button for one second.

 Basic settings can be entered manually or by using [polargofit.com](http://polargofit.com) web service and Polar FlowLink. To skip entering the basic settings manually, press and hold the RED button.

Use the UP and DOWN buttons to move through selection lists and to adjust values. Confirm selections with the GREEN button.

1. **Language:** Select **English, Español, Français, Italiano, Português, Suomi, Svenska** or **Deutsch**.
2. **Please enter basic settings** is displayed.
3. **TIME FORM.** (time format): Select **24 hours** or **12 hours**.
4. **TIME:** Set the time of day. In 24 hour format, set **Hours** first and then **Minutes**. In the 12 hour format, start by setting **AM** or **PM**, and then hours and minutes.
5. **DATE:** Set **Day, Month, Year**. If you select the 12 h format, set **Month, Day, Year**.
6. **UNITS:** Set **Imperial units (LBS, FT)** or **Metric units (KG, CM)**. By selecting lbs/ft, calories are displayed as CAL, otherwise they are shown as kcal. Calories are measured as kilocalories.
7. **Weight:** Enter your weight.
8. **Height:** Enter your height.
9. Date of birth: In 24 hours format, set first **Day of birth**, in 12 hours format start with **Month of birth**.
10. **Sex:** Select **Girl/Boy**, or if you are over 18 years old, **Female/Male**.
11. **ID:** Set the identification code for the activity monitor. First select a letter (A-Z) for the case, and then a number (1-99) for the monitor. For more information on the purpose of the monitor ID, see Polar Active System Guide.

**Settings OK?** is displayed. Press UP or DOWN to select and confirm with the GREEN button.

- **YES**: Settings are accepted and saved and the Polar Active enters the time view.
- **NO**: Start entering the basic settings from the beginning.

Press UP or DOWN to select and confirm with the GREEN button.

### Changing User

In the time view, press DOWN and select **Settings > User Information**. For more information, see Settings (page 9).

When the date of birth or sex are changed, **Reset diary memory?** is displayed. Select **YES** to erase data from the activity diary or **NO** to keep it.

## 2. MEASURING DAILY ACTIVITY

### Daily Activity

According to ACSM (American College of Sports Medicine), children and youth should do one hour or more of physical activity daily. Activity should be mostly aerobic, moderate to vigorous, physical activity but should also include muscle-strengthening and bone-strengthening activities.

The health benefits of an active lifestyle are, for instance, better cardiovascular condition and blood pressure control, and improved glucose tolerance and bone health. Increased physical activity also helps control weight and promote psychological well-being. Studies show that more active children report higher levels of self-esteem, happiness, and life satisfaction and lower levels of anxiety, depression, stress, and peer victimization.


Some authorities recommend that sedentary activities, for instance, television watching, surfing the internet, playing video games, should be limited to two hours per day.

Sleep is important to children's health, development and well-being. Children aged 5-11 need 10-11 hours of sleep and children and adolescents aged 12 or over need 8-9.5 hours. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity, and cognitive problems that impact on children's ability to learn in school.

### Measuring Daily Activity with Polar Active







Polar Active measures your daily activity automatically 24 hours a day, 7 days a week. You only need to wear the activity monitor on your wrist and go. When worn at night time, the activity monitor measures also your sleeping time.

### Activity Zones and Activity Bar

There are five different activity zones in the Polar Active: vigorous+, vigorous, moderate, easy, and very easy. The activity bar  displays achieved time in the moderate to vigorous+ zones. This helps you to easily check when the daily activity target is fulfilled.

Activity in the other activity zones is visible in the activity diary. Sleeping time can be seen only in the polargofit.com web service.

In the chart below you can see the recommendations and benefits of being active in different zones:

Activity Zone	Example Activities	Benefits	Recommendation
 Vigorous+	Fast running	<ul style="list-style-type: none"><li>Improves maximum performance and cardiovascular fitness</li><li>Helps improve speed</li></ul>	<p>Be active for more than one hour every day!</p>  <p>Being active in moderate to vigorous+ zones fills up the activity bar in your Polar Active.</p>
 Vigorous	Basketball, soccer, rollerblading, jumping rope, dancing	<ul style="list-style-type: none"><li>Improves cardiovascular endurance</li><li>Promotes bone health</li><li>Helps increase power</li></ul>	
 Moderate	Playground games, gymnastics	<ul style="list-style-type: none"><li>Helps maintaining a healthy body weight</li><li>Helps increase flexibility</li></ul>	
 Easy	Playing catch, slow walking, stretching	It's better to get up and move than sit still!	
 Very easy	Playing video games, watching TV	You can sit at school, otherwise get up and move!	

<p>Sleeping</p> <p>Can be seen only at the polargofit.com web service.</p>		<ul style="list-style-type: none"> <li>Improves learning ability</li> <li>Gives your body a rest</li> </ul>	<p>9 hours of sleep every night will keep your mind fresh!</p>
--	--	---	--

## Daily Activity Target

The teacher can set a daily activity target for the students. The default target in the activity monitor is 60 minutes. The target can be increased into 90 or 120 minutes in polargofit.com web service.



In the time view, the activity bar quickly shows you how active you have been.



To see more detailed feedback on your daily activity, press the GREEN button in the time view.

- If you have not reached the daily activity target, the Polar Active tells how much time you still have to go.
- When you have reached the activity target, the Polar Active boosts you with **Active day. Well done!**

The moment you reach your activity target, **Active time: 60 minutes / 1 h 30 min. / 2 hours. Well done!** is displayed.




*After you have been active for two hours, Polar Active rewards you with a nice blinking animation that is visible in the time view. The animation is visible once a minute until the next day.*

## 3. ACTIVITY DIARY

### Activity Diary

Polar Active saves your daily activity in the activity diary. There is room for 21 days in the diary. When the memory becomes full, the activity monitor overwrites the oldest day.

If the teacher has set an activity measurement period that lasts more than 21 days to your monitor, you get a message **Diary memory full in x days** when the activity diary is getting full.

 *To save your activity data for a longer period of time, download it to [polargofit.com](http://polargofit.com) web service. For further information, see Polar Activity System Guide.*

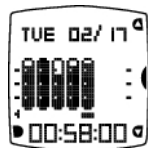


Enter the diary from the time view by pressing the UP and then the GREEN button.



#### Diary

The activity bar shows the current day's activity in the moderate to vigorous+ zones.



Each bar represents a day. The filling of the bar indicates your activity on the selected day.

The selected date is shown on the top row, and the active time on the selected day is shown on the bottom row.

Select the day you wish to look closer with UP/DOWN, and enter the day with GREEN.



#### Result

Your active time on the selected day.



#### FEEDBACK

Feedback about your activity:

- If you haven't reached the activity target, the Polar Active tells how much time is missing.
- When you have reached the activity target, the Polar Active boosts you with **Active day. Well done!**



#### VIGOROUS+

The time you have spent on the Vigorous+ zone.



#### VIGOROUS

The time you have spent on the Vigorous zone.



#### **MODERATE**

The time you have spent on the Moderate zone.



#### **EASY**

The time you have spent on the Easy zone.



#### **VERY EASY**

The time you have spent on the Very easy zone.




#### **STEPS**

The total number of steps taken on the selected day.

#### **CALORIES**

The total number of calories expended on the selected day. Calories are measured as kilocalories. If you have selected imperial units, calories are displayed as **Cal**, otherwise they are shown as **kcal**.

Notice that calories can be disabled at [polargofit.com](http://polargofit.com) web service.

 *Some activities, for instance, cycling, indoor cycling, weight training (gym) and very slow movement do not accumulate enough active time, calories or steps.*

To exit the diary, press the RED button.

To enter the time view, press and hold the RED button.



## 4. SETTINGS


### Settings

In the time view, press the DOWN button and select **Settings** with the GREEN button.

 *The settings can be hidden using [polargofit.com](http://polargofit.com) web service so that they are not visible in the activity monitor.*

### Watch, Time and Date

1. **Time**: Select 12 or 24 hour format. Set the hours and minutes. In the 12 h format, start by setting **AM** or **PM**.
2. **Date**: Set **Day**, **Month**, **Year**. In the 12 h format, set **Month**, **Day**, **Year**.
3. **Watch face**: Select **Monitor ID** or **Date** to be show on the top row of the display in the time view.

 *Using [polargofit.com](http://polargofit.com) web service you can set your username to be shown on the watch face..*

### User Information

1. **Weight**: Set your weight.
2. **Height**: Set your height.
3. **Date of Birth**: Set date of birth. In 24 hour format, first set **Day of birth**. In 12 hour format, start with **Month of birth**.
4. **Sex**: Select **Girl/Boy**, or if the user is over 18 years old, **Female/Male**.

 *When the date of birth or sex are changed, **Reset diary memory?** is displayed. Select **YES** to erase data from the activity diary or **NO** to keep it.*

### General Settings

1. **Monitor ID**: Set the identification code for the activity monitor.
2. **Reset diary memory?**: Select **YES** to erase all saved days from the activity diary or **NO** to cancel.
3. **Sounds**: Set sounds **On** or **Off**. This affects all the sounds in the activity monitor.
4. **Button lock**: Select **Manual lock** or **Automatic lock**. To lock or unlock buttons manually, press and hold **KEYLOCK** in the time view. Automatic button lock is activated when you have not pressed the buttons for a minute.
5. **Units**: Select **Metric units (kg, cm)** or **Imperial units (lb, ft)**.
6. **Language**: Select **Deutsch**, **English**, **Español**, **Français**, **Italiano**, **Português**, **Suomi** or **Svenska**.

### Off Mode

If you are not going to use the activity monitor for a longer period of time, you can turn it off by pressing the KEYLOCK, RED, UP and DOWN buttons simultaneously for five seconds. To activate the monitor, press any button for one second.

Only time and date settings are reset in the off mode; other settings stay as they were. After adjusting time and date, press and hold the RED button to return to the time view.

## 5. IMPORTANT INFORMATION

### Caring for Your Activity Monitor

Clean with a mild soap and water solution, dry with towel. Do not press buttons under water. Never use alcohol or any abrasive material (steel wool or cleaning chemicals). Keep in a cool and dry place. Do not store in a damp environment, in non-breathable material such as a plastic bag or a sports bag. Do not expose to direct sunlight for extended periods.

Polar Active can be sanitized with a suitable disinfectant according to the manufacturers instructions.

### Service

During the one-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

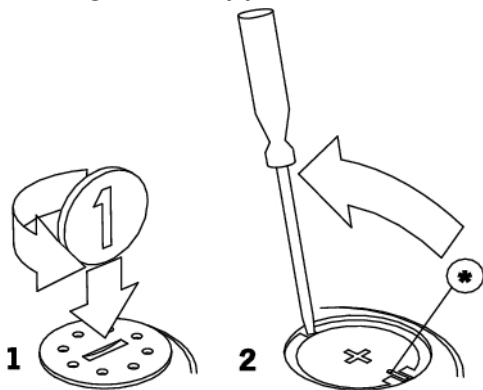
### Changing the Battery

Avoid opening the sealed battery cover during the guarantee period. We recommend that you have the battery replaced by an authorized Polar Service Center. They test your Polar Active for water resistance after battery replacement and make a full periodic check.

Please note the following:

- The low battery indicator is displayed when 10-15% of the battery capacity is left.
- In cold conditions, the low battery indicator may appear, but will disappear when the temperature rises.
- The sound is automatically turned off when the low battery indicator is displayed.
- Keep the batteries away from children. If swallowed, contact a doctor immediately.
- Batteries should be disposed of properly according to local regulations.
- When handling a new, fully charged battery, avoid clasp-like contact, i.e. simultaneously from both sides, with metal or electrically conducting tools, like tweezers. This may short circuit the battery, causing it to discharge more rapidly. Typically, short circuiting does not damage the battery, but may decrease the capacity and thus the lifetime of the battery.
- Change the sealing ring of the battery cover every time you change the battery. You can purchase the sealing ring/battery kits at well-equipped Polar retailers and authorized Polar Services. In the USA and Canada, the additional sealing rings are available at authorized Polar Service Centers only.

**To change the battery yourself:**



1. Open the battery cover with a coin by turning it from CLOSE to OPEN.
2. Remove the battery cover and lift the battery out carefully with a suitable sized small rigid stick or bar. However, prefer a non-metal tool for wrenching the battery out. Be careful not to damage the metal sound element (\*) or the grooves.
3. Insert a new battery inside the cover with the positive (+) side facing the cover.
4. Replace the old sealing ring with a new one, fitting it snugly in the cover groove to ensure water resistance.

5. Put the cover back on and turn it clockwise to CLOSE.
6. Re-enter the basic settings.

## Precautions

Polar Active is designed to measure your daily physical activity from the wrist. Estimated sleeping time can be calculated using [polargofit.com](http://polargofit.com) web service. No other use is intended or implied.

We recommend teachers to obtain written consent from the students' parents for using the activity monitor.

### Minimizing Possible Risks

Physical activity and exercising may include some risks. Before beginning a regular exercise program, answer the following questions concerning your health status. If you answer yes to any of these questions, consult a physician before starting any exercise program.

#### Children:

- Have you been physically inactive?
- Do you have symptoms of any disease?
- Are you taking heart or any other medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?

#### Adolescents and adults:

- Have you been physically inactive for the past five years?
- Do you have high blood pressure or high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

If you feel unexpected pain or excessive fatigue when exercising, stop the exercise or continue at a lighter intensity.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications.

The materials of this product have been tested and should not contain allergens or substances hazardous to health. However, if symptoms do appear, stop using the product immediately.

### Medical Devices In Professional Use

Medical devices in professional use sets high standards for the manufacturer, distributor and user of a medical device. Polar offers user instructions and training for professional users in order to ensure the safe use of Polar devices.

## Troubleshooting


**If you don't know where you are in the menu**, press and hold the RED button until the time is displayed.

**If there are no reactions to any buttons or if the display is behaving abnormally**, reset the wrist unit by pressing all the buttons simultaneously for four seconds. The activity diary and all other settings except time and date will be saved.

If the **low battery symbol is visible**, the battery needs changing. For further information, see Changing the Battery (page 10).

If **Low battery is displayed**, the activity monitor's battery is critically low and the activity monitor will go to sleep mode. Change the battery. For further information, see Changing the Battery (page 10) and Settings (page 9).

If **Memory full in x days is displayed**, the activity measurement period set to your monitor lasts more than 21 days, and the activity diary is becoming full. A *memory full* symbol appears on the top row. To save the activity diary for a longer period of time, transfer it to polargofit.com web service. When **DIARY FULL** is displayed, there is no memory left left in the diary, and the activity monitor overwrites the oldest day.

 *To save your activity data for a longer period of time, download it to polargofit.com web service. For further information, see Polar Active System Guide.*

## Technical Specifications

### Wrist unit

Battery type:	CR2025
Battery life:	Average 7 months (24 h/day, 7 days/week)
Operating temperature:	-10 °C to +50 °C / +14 °F to +122 °F
Storage temperature:	-20 °C to +60 °C / -4 °F to +140 °F
Wrist strap material:	Silicone resin
Back cover and wrist strap buckle:	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy:	Better than $\pm 0.5$ seconds / day at 25 °C / 77 °F temperature

### Limit values

Chronometer:	23 h 59 min
Total time:	0 - 9999 h 59 min 59 s
Total steps:	0 - 65535
Total calories:	0 - 999999 kcal/Cal
Total activity diary count:	21 days
Birthyear:	1921 – 2020
Weight:	15-199 kg / 33-439 lbs
Height:	90-211 cm / 3 ft - 6 ft 11 in

### System requirements

For general polarfit.com use:	Any computing device with operating system that supports any of the following web browsers: Internet Explorer 7 or 8, Apple Safari, Firefox 3.6
For Polar Active management with Polar WebSync and Polar FlowLink:	PC with MS Windows (XP, Vista or Windows 7) / Mac OS X (running on Intel platform), USB port
Java version	1.5

### Water Resistance

**Polar Active may be worn when swimming.** To maintain water resistance, do not press buttons under water. For more information, visit <http://support.polar.fi>.

The water resistance of Polar products is tested according to International Standard ISO 2281. Products are divided into three categories according to their water resistance. Check the back of your Polar product for the water resistance category, and compare it to the chart below. Please note that these definitions do not necessarily apply to products of other manufacturers.

Marking on the case back	Water resistance characteristics
Water resistant	Splash proof. Protected against wash splashes, sweat, raindrops etc. Not suitable for swimming.
Water resistant 30 m/50 m	Suitable for bathing and swimming.
Water resistant 100 m	Suitable for swimming and snorkeling (without air tanks).

## Limited Polar International Guarantee

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for one (1) year from the date of purchase.
- The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the one (1) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.
- Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Copyright © 2011 Polar Electro Oy, FIN-90440 KEMPELE. All rights reserved. No part of this manual may be used or reproduced in any form or by any means without prior written permission of Polar Electro Oy.

Polar Electro Oy is a ISO 9001:2008 certified company.

The names and logos marked with a <sup>TM</sup> symbol in this user manual or in the package of this product are trademarks of Polar Electro Oy. The names and logos marked with a ® symbol in this user manual or in the package of this product are registered trademarks of Polar Electro Oy, except Windows which is a registered trademark of Microsoft Corporation and Mac OS which is a registered trademark of Apple Inc.

### Disclaimer

The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.

Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.

Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

This product is covered by the following patent documents: FI119619, EP1849504, FI119277, ZL200410086636.9, EP1532924, US7728723

Manufactured by

Polar Electro Oy  
Professorintie 5  
FI-90440 KEMPELE  
Tel +358 8 5202 100  
Fax +358 8 5202 300

[www.polar.fi](http://www.polar.fi)



This product is compliant with Directive 93/42/EEC. The relevant Declaration of Conformity is available at

[www.support.polar.fi/declaration\\_of\\_conformity](http://www.support.polar.fi/declaration_of_conformity).



This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries. Polar encourages you to minimize possible effects of waste on the environment and human health also outside the European Union by following local waste disposal regulations and, where possible, utilize separate collection of electronic devices for products, and battery and accumulator collection for batteries and accumulators.



This marking shows that product is protected against electric shocks.

The materials of Polar Active have been chosen and tested to comply with relevant standards and authority requirements, including CPSIA (Consumer Product Safety Information Act/Children's Product).

17940127.02 ENG C 06/2011